

KDHE Hosts 5th Annual Employee Health & Environmental Fairs

In recognition of May as National Employee Health and Fitness Month, the Kansas Department of Health and Environment (KDHE) is hosting the 5th Annual State Employee Health & Environmental Fairs. The events will take place:

- Thursday, May 8 in Room 530 of the Charles Curtis State Office Building, 1000 S.W. Jackson St., from 10 a.m. to 2 p.m. and is open to all Capitol Complex state employees.
- Thursday, May 22, Building 740 at Forbes Field, from 10 a.m. to 1 p.m. for KDHE and DHEL employees only.

Free blood pressure checks and hearing screenings will be available. Attendees will also have the opportunity to pick up healthy living and safety tips, and participate in contests to promote healthy lifestyles and environmental responsibility. A wide variety of information will be available from numerous fair booths, including:

- HealthyKansas (physical activity, nutrition and smoking cessation)
- Kansas Don't Spoil It! (Reduce, Reuse and Recycle)
- Safe Kids Kansas (childhood injury prevention)
- Center for Public Health Preparedness (family emergency readiness, pandemic flu)
- Sunflower State Games (statewide amateur sports festival)
- American Cancer Society (cancer awareness and prevention)
- YWCA (women's health and fitness)

The 5th Annual Employee Health & Environmental Fairs are HealthyKansas events. HealthyKansas is the Governor's initiative to that encourages Kansans to make healthy choices to increase physical activity, eat a healthy and nutritious diet, and avoid using tobacco products. For more information or to take the HealthyKansas pledge, please visit www.healthykansas.org.